



Southern Cross  
University

# Co-creating rainbow inclusive care for gender and sexually diverse people in residential aged care

## Information sheet

### Funder

Medical Research Future Fund (MRFF) - 2023 MRFF Models of Care for Sexuality and Gender Diverse People & People with Innate Variations of Sex Characteristics - Stream 2.

### Funding awarded

\$999,533 over 5 years (2024 to 2028).

### University partners

Southern Cross University, La Trobe University, University of New South Wales, University of Queensland, Edith Cowan University.

### Industry/community partners

Wesley Mission Queensland, Amana Living (WA), Older Persons Advocacy Network, Australian Association of Gerontology, Aged and Community Care Providers Association, LGBTIQ+ Health Australia, GLBTI Rights in Ageing Inc.

### Chief investigators

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## Plain English summary

This project aims to improve care for gender and sexually diverse people in residential aged care. It will involve a national survey of residential care workers and research with two aged care providers operating up to 19 facilities in Queensland and Western Australia. Surveys, observations, and interviews will examine what supports and challenges inclusive care. An inclusive model of care will be co-created with LGBTQ+ people, and then implemented and evaluated in partner homes.

## Detailed summary

This project will explore inclusive care for gender and sexually diverse people in residential aged care. It will follow an Appreciative Inquiry approach and utilise practice theory to identify what enables and constrains inclusive care. Co-creation, co-design, and co-research methods with LGBTQ+ individuals as active participants will shape the project and its outcomes. It will involve a national survey of residential aged care workers and field research in two project sites (Queensland and Western Australia), involving two aged care providers and up to 19 residential care homes.

Communities of practice will be established in both states to bring together stakeholders, people with lived experience expertise, and researchers. A national survey, observations in residential homes, and interviews with residents, staff, and other stakeholders will be conducted to investigate the constraints on and enablers of inclusive care. These findings will be interpreted in the communities of practice and a shared vision for a rainbow-inclusive

model of care will be created through focus groups and organisational summits. A series of co-design workshops will develop resources and guidelines to support implementation. The model will then be implemented and evaluated in partner residential homes, with the learning and resources refined and disseminated to the aged care sector.

The study aims to provide evidence-based recommendations and resources to promote the inclusion of gender and sexually diverse people in residential aged care and provide a foundation for improving their health outcomes. By involving LGBTQ+ people as co-researchers and utilising a collaborative approach, the project will ensure the rainbow-inclusive model will be effective in achieving the goal of inclusive care. Incorporation of implementation science will facilitate translation of research findings into practice and minimise the lag between generating knowledge and its application in the aged care sector.

## More information

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